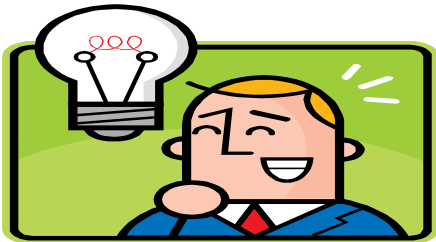


TRIO SSS IS HERE TO HELP!!

TRIO SSS understands that going to college can be stressful . This brochure was created to provide you with quick access to common counseling topics.

If you would like to talk or receive more information about a specific topic please visit with one of our counselors .



Clymesa Applewhite
TRiO SSS Transfer/Career Counselor

Richard Wright
TRiO SSS Academic/Disability Counselor

**“Being aware is the first
step to growth”**

Helpful Websites

- **Depression**

<http://www.nlm.nih.gov/health/publications/depression/what-are-the-different-forms-of-depression.shtml>

- **Anxiety**

<http://www.nlm.nih.gov/health/topics/anxiety-disorders/index.shtml>

- **Attention Deficient Hyperactive Disorder (ADHD)**

<http://www.nlm.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>

- **Suicide**

http://kidshealth.org/teen/your_mind/mental_health/suicide.html

- **Post Traumatic Stress Disorder**

http://www.helpguide.org/mental/post_traumatic_stress_disorder_symptoms_treatment.htm

- **Stress**

<http://www.medicinenet.com/stress/article.htm>


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OTC/TR O SSS

One College Circle
1 College Circle
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Informational Counseling Brochure



1-501-337-5000

DEPRESSION

Depression is a serious biological disease that affects millions of people each year. The encouraging news is that it may be successfully treated.

According to the *DSM-IV*, major depressive disorder (or "depression") is diagnosed when five or more of the following symptoms of depression are present for most of the day, nearly every day for at least 2 weeks. At least one of the symptoms must be persistent sad, "empty" feelings, or loss of interest in activities.

- Constant sadness
- Irritability
- Hopelessness
- Trouble sleeping
- Low energy or fatigue
- Feeling worthless or guilty for no reason
- Significant weight change
- Difficulty concentrating;
Loss of interest in favorite activities



STRESS

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if the stress is caused by physical danger. But this can also be a bad thing, if the stress is in response to something emotional and there is no outlet for this extra energy and strength.



SUICIDE

Suicide is the eighth leading cause of death in the United States. For young people, 15-24 years old, it is the third leading cause of death. Suicidal behavior exists along a continuum from thinking about ending one's life ("suicidal ideation"), to developing a plan, to non-fatal suicidal behavior ("suicide attempt"), to ending one's life ("suicide"). Suicide rates in the United States are highest in the spring. Over half of all suicides are committed with a firearm.

Risk Factors

- Alcohol or substance abuse
- Depression
- Previous Attempts
- Hopelessness
- Family History of Suicide
- Break-up of a romance
- Failing in school or to pass a test
- Stressful family life

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Each day we have a choice: We can concentrate on the negative events or we can focus on the positive. The purpose of focusing on the positive is not to ignore problems in our lives, but to use positive energy to attack them. Carleen Brice